

# GROUP EXERCISE CLASS SCHEDULE – SUMMER 2018

EFFECTIVE: 6/1/2018

MON	TUES	WED	THURS	FRI	SAT/SUN
<b>Indoor Cycling #</b> 6 – 7 am - Carlos		<b>Indoor Cycling #</b> 6 – 7 am - Carlos		<b>Indoor Cycling #</b> 6 – 7 am - Carlos	<b>SATURDAY:</b>
<b>OPEN STUDIO / FOD Classes</b> 7:15 – 8:15 am	<b>OPEN STUDIO / FOD Classes</b> 7:15 – 8 am	<b>OPEN STUDIO / FOD Classes</b> 7:15 – 8:15 am	<b>Body Conditioning</b> 7:15 – 8 am - Corinne	<b>OPEN STUDIO / FOD Classes</b> 7:15 – 8:15 am	<b>Glutes &amp; Abs</b> 9 – 9:45 am - Dan
<b>Indoor Cycling #</b> 8:30–9:30 am - Michelle	<b>Indoor Cycling #</b> 8:15 – 9 am - Denise	<b>Indoor Cycling #</b> 8:30-9:30 am - Michelle	<b>Indoor Cycling #</b> 8:15 – 9 am - Denise	<b>Indoor Cycling #</b> 8:30-9:30 am - Michelle	<b>Zumba</b> 10–11 am - Leslie
<b>Cardio Kickboxing</b> 9:45–10:45 am - Sarah	<b>TRX #</b> 8:30 – 9:30 am - Michelle GYM	<b>Cardio Kickboxing</b> 9:45–10:45 am - Sarah	<b>TRX #</b> 8:30 – 9:30 am - Michelle GYM	<b>Cardio Kickboxing</b> 9:45–10:45 am - Sarah	
<b>Sculpt</b> 9:45 - 10:25 am - Sara GYM	<b>GFS: (Gentle Functional Strength)</b> 9:15 – 10 am - Denise	<b>Sculpt</b> 9:45 - 10:25 am - Sara GYM	<b>GFS: (Gentle Functional Strength)</b> 9:15 – 10 am - Denise	<b>Sculpt</b> 9:45 - 10:25 am - Hayley GYM	<b>OPEN STUDIO / FOD Classes</b>  12:30 – 7 pm
<b>Stretching</b> 10:30 – 11 am - Sara GYM		<b>Stretching</b> 10:30 – 11 am - Sara GYM		<b>Stretching</b> 10:30 – 11 am - Hayley GYM	
<b>Power Yoga</b> 11 am – Noon - Tamra	<b>HIIT Me w/ Your Best Shot!</b> 10:15 -11:00 am - Michelle	<b>Vinyasa Flow Yoga</b> 11 am – Noon - Kristen	<b>HIIT Me w/ Your Best Shot!</b> 10:15 – 11:00 am - Michelle	<b>Yoga</b> 11 am – Noon Kristen	
<b>Zumba</b> 11:05 - 11:55 am - Sarah GYM	<b>Glutes &amp; Abs</b> 11:15 - Noon - Hayley	<b>Zumba</b> 11:05 - 11:55 am - Sarah GYM	<b>Glutes &amp; Abs</b> 11:15- Noon - Hayley	<b>Zumba</b> 11:05 - 11:55 am - Sarah GYM	<b>SUNDAY:</b>
<b>BOOTCAMP</b> 12:10 - 12:50 pm - Dan GYM	<b>BOOTCAMP</b> 12:10 - 1 pm - Edie	<b>BOOTCAMP</b> 12:10 - 12:50 pm - Dan GYM	<b>BOOTCAMP</b> 12:10 - 1 pm - Edie	<b>BOOTCAMP</b> 12:10 - 12:50 pm - Dan GYM	<b>OPEN STUDIO / FOD Classes</b> 1 – 1:55 pm
<b>Senior Stretch &amp; Balance</b> 12:30 – 1:00 Judy	<b>PUMP!</b> 12:10 - 1 pm - Sara	<b>Zumba GOLD!</b> 12:30 – 1 pm Luisa	<b>PUMP!</b> 12:10 - 1 pm - Sara	<b>Senior Stretch &amp; Balance</b> 12:30 – 1:00 Judy	
<b>Quicksilver</b> 1:15 - 2:15 pm - Michelle GYM	<b>Chair Yoga</b> 1:15 – 2:15 pm - Judy	<b>Quicksilver</b> 1:15 - 2:15 pm - Michelle GYM	<b>Chair Yoga</b> 1:15 – 2:15 pm - Judy	<b>Quicksilver</b> 1:15 – 2:15 pm - Michelle GYM	<b>Zumba</b> 2-3 pm - Luisa
<b>Studio Closed for Cleaning</b> 2 – 2:45 pm	<b>Studio Closed for Cleaning</b> 2:30 – 3 pm	<b>Studio Closed for Cleaning</b> 2 – 2:30 pm	<b>Studio Closed for Cleaning</b> 2:20 – 2:50 pm	<b>Studio Closed for Cleaning</b> 2:30 – 3:30 pm	<b>Open Studio / FOD Class</b> 3:15 – 5 pm
<b>Pilates</b> 3 - 4 pm - Debra	<b>Yoga</b> 3 - 4 pm – Corinne	<b>Pilates</b> 3 - 4 pm – Debra	<b>Yoga</b> 3 - 4 pm – Julie		
<b>OPEN STUDIO / FOD Classes</b> 4:15 – 5:15 pm		<b>OPEN STUDIO/ FOD Classes</b> 4:15 – 5:15 pm		<b>OPEN STUDIO / FOD Classes</b> 3:30 – 8:00 pm	<b>Studio Closed for Cleaning</b> 5 pm
<b>OPEN GYM for TRX</b> 5 – 5:45 PM	<b>Total Body Tabata</b> 4:25 – 5:25 pm Michelle	<b>OPEN GYM for TRX</b> 5 – 5:45 PM	<b>Total Body Tabata</b> 4:25 – 5:25 pm Michelle		
<b>Zumba</b> 5:30 - 6:30 pm - Leslie	<b>Cardio Kickboxing</b> 5:30 – 6:30 pm Emily	<b>Zumba</b> 5:30 - 6:30 pm - Leslie	<b>Cardio Kickboxing</b> 5:30 – 6:30 pm Emily		<i>Class schedule is subject to periodic change without advance notice.</i>
<b>K-30</b> 6 – 6:30 pm – Dan GYM	<b>AB Attack</b> 6:45 – 7:15 pm - Dan	<b>K-30</b> 6 – 6:30 pm – Dan GYM	<b>AB Attack</b> 6:45 – 7:15 pm - Dan		
<b>Yoga</b> 6:45 – 7:45 pm - Julie		<b>Yoga</b> 6:45 – 7:45 pm - Corinne			



**KROC**  
**KERRVILLE**

FOD = “Fitness On Demand” – On Demand Video-Based Classes. See the FOD Kiosk in the Studio for options.

NOTE: “Open Studio / FOD Class” times are on a “First-Come, First-Served” basis, with earlier arrivers choosing their activities. Other members may join in any currently playing FOD Class, however.

## Fitness Class Descriptions and Times – SUMMER, 2018 (6/1/18)

<b>AB ATTACK</b>	Attack your ab muscles through high-intensity, isolation exercises! <b>INTERMEDIATE-ADVANCED</b>	<b>Tue &amp; Thurs</b> 6:45 – 7:15 pm		
<b>Body Conditioning</b>	An entire body workout, delivering all-around benefits from head to toe, through toning exercises, using dumbbells, bands, stability balls, and more. Great for all levels of fitness! <b>BEGINNER – ADVANCED.</b>	<b>Thurs</b> 7:15 – 8:00 am		
<b>BOOTCAMP</b>	Move through a challenging circuit-training obstacle course that provides a total-body, compete workout. <b>INTERMEDIATE-ADVANCED.</b>	<b>Mon Tue Wed Thur Fri</b> 12:10 - 12:50 pm		
	A cardiovascular workout with a mixture of boxing, martial arts and aerobics. <b>INTERMEDIATE-ADVANCED</b>	<b>Mon Wed Fri</b> 9:45- 10:45 am	<b>Tues Thur</b> 5:30 – 6:30 pm	
	Everything is done from the support of chair. Gentle yoga, stretching and relaxation techniques that will lengthen your muscles, strengthen your core, and provide a relaxing “re-set” to your day! <b>BEGINNER.</b>	<b>Tue &amp; Thurs</b> 1:15 – 2:15 pm		
<b>Gentle FUNCTIONAL Strength (GFS)</b>	Improve muscular strength, toning & stamina while building a foundation of cardio endurance, basic everyday movement skills, balance and flexibility! <b>BEGINNER.</b>	<b>Tue &amp; Thurs</b> 9:15 - 10 am		
<b>Glutes &amp; Abs</b>	This 45 minute class will firm, strengthen and shape your “bum” like no other! <b>BEGINNER-INTERMEDIATE.</b>	<b>Tue &amp; Thurs</b> 11:15 am – noon	<b>Sat</b> 9-9:45 am	
<b>Indoor Cycling</b>	Fast-paced workout on a stationary bike. Climb, sprint, interval and more with incredible music & extraordinary instruction! Burns a TON of calories! <b>BEGINNER - ADVANCED</b>	<b>Mon Wed Fri</b> 6 - 7 am & 8:30 - 9:30 am	<b>Tue &amp; Thurs</b> 8:15- 9 am	
<b>K-30</b>	An accelerated class that packs 60 minutes of interval training into 30 minutes. Weights, calisthenics, bodyweight drills and cardio address the entire body. <b>INTERMEDIATE-ADVANCED.</b>	<b>Mon &amp; Wed</b> 6 - 6:30 pm		
<b>PILATES</b>	Tone and strengthen your abdominals, hips and back. This classic matwork Pilates class emphasizes precise body alignment, mental focus and breath work for a refreshing mind/body workout. <b>BEGINNER – INTERMEDIATE.</b>	<b>Mon &amp; Wed</b> 3 – 4 pm		
<b>POWER yoga</b>	Yoga that combines traditional Hatha yoga poses with fluid movement and deep breathing, to create a high-energy, challenging workout! <b>INTERMEDIATE.</b>	<b>Mon</b> 11 am – Noon		
<b>PUMP!</b>	Challenging group-strength training class that utilizes dumbbells, barbells and your own body weight. Various techniques will build muscular endurance and strength <b>INTERMEDIATE-ADVANCED.</b>	<b>Tue &amp; Thurs</b> 12:10 – 1 pm		
<b>quicksilver</b>	<b>Balance, Strength &amp; Fall Prevention for Seniors:</b> Learn how to stabilize and balance while using full-body strength, core strength and proprioception training techniques. <b>BEGINNER.</b>	<b>Mon Wed Fri</b> 1:15 - 2:15 pm		
<b>Hiit Me w/Your Best Shot!</b>	Improve cardio, endurance, speed, strength and power in this 30-minute mash-up of High Intensity Interval Training (HIIT) and Kickboxing! <b>INTERMEDIATE- ADVANCED</b>	<b>Tue &amp; Thurs</b> 10:15 – 11 am		
<b>Sculpt</b>	Full-body, strengthening & toning class is designed to sculpt long, lean, cut muscles without adding bulk or mass. Weights, cardio & abs. <b>BEGINNER-INTERMEDIATE.</b>	<b>Mon Wed Fri</b> 9:45 - 10:25 am		
<b>Senior Balance &amp; Stretch</b>	30-minute, <u>chair-based</u> class teaches proper stretching to support joint flexibility, prevent stiffness, along with building balance to reduce the chances of injury and falls. <b>BEGINNER - INTERMEDIATE</b>	<b>Mon &amp; Fri</b> 12:30 – 1 pm		
<b>STRETCHING</b>	This relaxing and restorative class involves deep, relaxing breathing, combined with deep stretching. Props may be used to facilitate a deeper stretch. <b>BEGINNER.</b>	<b>Mon Wed Fri</b> 10:30 – 11 am		
<b>Total Body Tabata</b>	Full-body exercises that work the body as one functional unit! Intense bursts of activity, followed by brief rest periods keep your body constantly adapting, always improving, and endlessly burning calories! <b>INTERMEDIATE-ADVANCED.</b>	<b>Tue &amp; Thurs</b> 4:25 - 5:25 pm		
	Suspension trainer leverages bodyweight through hundreds of functional exercises that build strength, balance, flexibility, explosiveness and joint mobility. <b>BEGINNER – ADVANCED.</b>	<b>Tue &amp; Thurs</b> 8:30 -9:30 am		
<b>Vinyasa Flow yoga</b>	Advanced yoga class involving intense cardio and strength-building exercises, core work, and a handful of asanas to increase flexibility! <b>BEGINNER-INTERMEDIATE.</b>	<b>Wed</b> 11 am - noon		
<b>yoga</b>	For all levels of yoga students. No prior knowledge of yoga is necessary. Reduce stress, increase strength & flexibility, improve balance and focus, lower blood pressure, improve circulation, and live a healthier lifestyle! <b>BEGINNER.</b>	<b>Mon &amp; Wed:</b> 6:45 – 7:45 pm <b>Fri: 11 am - noon</b>	<b>Tue &amp; Thurs</b> 3 - 4 pm	
	A mix of freestyle and hip-hop, Latin/salsa dance moves. Tone and sculpt every part of your body. <b>BEGINNER – ADVANCED.</b>	<b>Mon, Wed, Fri:</b> 11:05-11:55 am <b>Mon, Wed:</b> 5:30 – 6:30 PM	<b>Sat</b> 10-11 am	<b>Sun</b> 2-3 pm
	This class is designed for the active older adult and addresses the anatomical, physiological, and psychological needs specific to this population. <b>BEGINNER.</b>	<b>Wed</b> 12:30 – 1 pm		